



FOCUS: ANTI-BULLYING

Anti-Bullying Week 2022 is coordinated in England and Wales by the Anti-Bullying Alliance. It takes place from 14 to 18 November 2022 and has the theme 'Reach Out'



Bullying affects millions of lives and can leave us feeling hopeless. But it doesn't have to be this way. If we challenge it, we can change it. And it starts by reaching out...

Whether it's in school, at home, in the community or online, let's reach out and show each other the support we need. Reach out to someone you trust if you need to talk. Reach out to someone you know is being bullied.

WHAT IS BULLYING?

The Anti-Bullying Alliance definition of bullying:

Bullying is the repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. It can happen face to face or online.

Bullying behaviour can be:

- Physical – pushing, poking, kicking, hitting, biting, pinching etc.
- Verbal - name calling, sarcasm, spreading rumours, threats, teasing, belittling.
- Emotional – isolating others, tormenting, hiding books, threatening gestures, ridicule, humiliation, intimidating, excluding, manipulation and coercion.
- Sexual – unwanted physical contact, inappropriate touching, abusive comments, homophobic or transphobic abuse, exposure to inappropriate films etc.
- Online/cyber – posting on social media, sharing photos, sending nasty text messages, social exclusion
- Indirect - can include the exploitation of individuals

We will not tolerate bullying at Heber. If you are the victim of bullying, or witness or hear about bullying, it is important that you tell a member of staff.

Who can you tell?

- ⇒ Your Form Tutor
- ⇒ Your Year Leader
- ⇒ Any trusted adult
- ⇒ Mrs White, Ms Vaughan or Ms Mort
- ⇒ Email stayingsafe@heber.org.uk